

# Black Bean Corn Salsa

**MAKES: 6 CUPS**

**PREP TIME: 10 MIN**

## INGREDIENTS:

- 2 (15 oz) cans whole kernel corn, drained
- 2 (15 oz) cans black beans, drained
- 1 (15 oz) can diced tomatoes (fire roasted if possible)
- 1 medium red onion, chopped
- $\frac{3}{4}$  cup minced fresh cilantro
- 4 jalapeno peppers, seeded and chopped
- Juice from 2 limes
- $\frac{1}{2}$  teaspoon salt
- Tortilla Chips/Gluten free sweet potato crackers

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**BOISE STATE UNIVERSITY**



## INSTRUCTIONS:

1. Pout all ingredients into a bowl.  
Refrigerate until ready to serve.
2. Use as a dip or as a burrito filling!

*Nutrition Note: This dip works as the perfect prepped burrito filling. Add a wrap and you have a meal!*